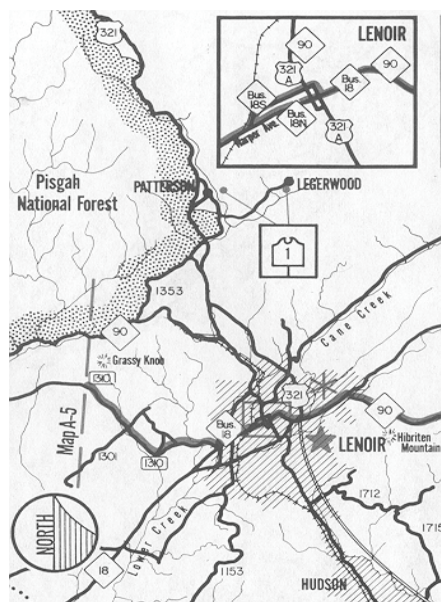


# Bicycle Routes

## Mountains to Sea



The Mountains to Sea route is designated as NC Bike Route 2.

\*From Murphy to Manteo, the extremes of North Carolina...That's where this 700-mile route takes you. On the way you'll pass the loftiest peaks east of the Rockies, traverse portions of the Blue Ridge Parkway, then drop 2,000 feet from the Blue Ridge escarpment to the rolling foothills of the piedmont. Quiet lanes take you through lush farm country to most of the major cities of the state. Once past Raleigh, the flat land of the coastal plain makes the ride to the coast seem easy. Seventy miles from the end of the route you have the choice of taking the ferry to Ocracoke and the Outer Banks or continuing to Manteo. Either way, you can't lose. Wide Atlantic beaches are your reward at the end of the trip.

*\* Excerpt taken from Mountains to Sea Brochure, Division of Bicycle and Pedestrian Transportation, NCDOT.*

The section of the Bike Route that runs through Caldwell County is called the Carolina Emerald. This 36-mile bucolic segment is characterized by rolling hills and farmland. NC 90 between Lenoir and Taylorsville has a high quality pavement while the remainder of the roads along this section having a rougher pavement type. However, all are all in good condition and well maintained. Traffic in Lenoir can be congested, especially through the Smith's Crossroads intersection and through uptown Lenoir along Business NC 18 and Harper Avenue. There are many country stores along the route to provide any needed services and there is also a private campground available. Two points of interest along the route are Happy Valley in Caldwell County and Hiddenite and the Emerald Valley Mines in Alexander County.

Before state maintained roadways designated as bicycle routes are widened, the NCDOT Division of Bicycle and Pedestrian Transportation should be consulted. This division can recommend the most appropriate cross section for the widening, in addition to providing assistance in identifying the need for improvements based on present and future bicycle traffic. For further consideration and assistance, the coordinator of this division can be contacted at:

NC Department of Transportation,  
Division of Bicycle and Pedestrian Transportation,  
1552 Mail Service Center, Raleigh NC 27699-1552.

Email [bikeped\\_transportation@dot.state.nc.us](mailto:bikeped_transportation@dot.state.nc.us)  
Web [www.ncdot.org/transit/bicycle](http://www.ncdot.org/transit/bicycle)